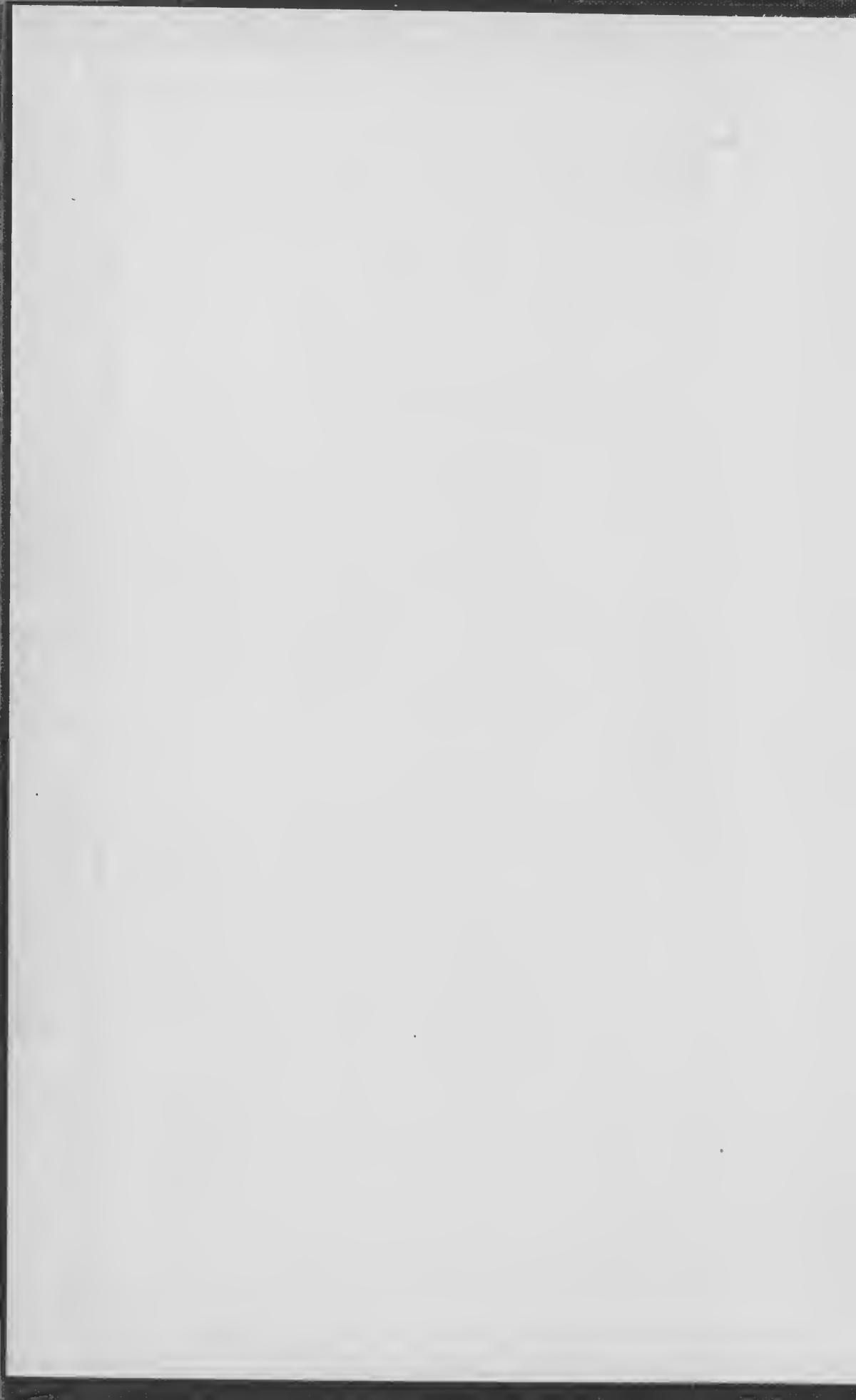


IN
CAP AND UNIFORM
1948



FIDE ET FIDUCIA

— "BY FAITH AND COURAGE" —



CALGARY GENERAL HOSPITAL
May, 1948

The Graduating Class of 1948, respectfully dedicate this book to Dr. W. E. Saunders. Dr. Saunders, always cheerful, always encouraging, is sadly missed by us all.



Dr. W. E. Saunders

With the passing of Dr. Saunders we lose one more of those valuable men who have helped to make the medical profession an honorable and respected one. During his associations here he gathered unto himself a wide circle of people who all sincerely mourn his loss and with every good reason. He was not only interested in the disease the patient suffered from, he was also interested in their family, their likes and their dislikes, and they placed their confidences in him knowing well that they were safe in his keeping. He started his practice of medicine in the horse and buggy days where a real man learned that he could not get his own food or rest until his horse was attended to first. He carried that same thought through life and did his best to see that his patients were comfortable before he looked after himself.

He made a wide circle of friends amongst his medical associates and the nursing staffs and individual nurses with whom he came in contact. He was the true general practitioner. The type of man the medical profession can ill afford to lose.

---Dr. L. S. Mackid.



MISS A. HEBERT, R.N.
Superintendent of Nurses

TO THE 1948 GRADUATING CLASS—

Graduation—the close of student days and the commencement of the work for which you have shown an able aptitude.

May life grant you a true appreciation and the opportunity to teach those with whom you live and work, the higher joys, reverence, duty and compassion: their objects are supremely precious, and the gladness they give is to be valued above all else.

Let your goal be altruism which seeks the good of others.

When that which is real and true is pursued with sincerity and scientific knowledge, then happiness must surely follow.

Sincerely,
A. HEBERT.

MEDICAL STAFF

Chief of Staff:

Dr. L. S. Mackid, F.A.C.S.

Chiefs of Divisions of:

Surgery	Dr. F. D. Wilson
Medicine	Dr. H. N. Jennings
Obstetrics and Gynecology	Dr. H. A. Gibson
Pediatrics	Dr. M. G. Cody
Radiology	Dr. W. S. Quint
Eye, Ear, Nose and Throat	Dr. H. E. Dowling
Anaesthesia	Dr. G. P. Mores
Orthopaedics (Fracture Service)	Dr. R. G. Townsend
Urology	Dr. J. E. Palmer
Pathology	Dr. L. McLatchie

Assistant Chief of Divisions:

Surgery	Dr. J. W. Richardson
Medicine	Dr. D. L. McNeil

Consultants for the Divisions of:

Surgery	Dr. F. T. Campbell, Dr. H. V. Morgan, Dr. H. E. Gibson
Medicine	Dr. R. R. Hughes, Dr. E. R. Selby
Obstetrics and Gynecology	Dr. C. Christie, Dr. J. D. Milne
Pediatrics	Dr. P. Christie-Dowling, Dr. G. O. Prieur
Eye, Ear, Nose and Throat	Dr. J. M. Adams, Dr. B. W. Berry
Anaesthesia	Dr. C. H. Heuchert, Dr. F. E. Lundy, Dr. W. S. Johns

Credentials Committee:

Dr. L. S. Mackid, Dr. F. D. Wilson, Dr. H. N. Jennings, Dr. H. A. Gibson,
Dr. H. E. Dowling, Dr. M. G. Cody, Dr. G. P. Mores.

Chairman of Medical Staff—Dr. T. Melling

Vice-Chairman of Medical Staff—Dr. R. B Francis

Secretary—Dr. R. G. Williams, Jr.

Committees:

Executive	Dr. J. V. Follett, Dr. R. G. Williams, Dr. L. G. Alexander
Interne	Dr. R. R. Hughes, Dr. L. G. Alexander, Dr. H. C. Swartzlander
Medical Records	Dr. H. E. McEwan, Dr. A. S. Gelfand, Dr. S. Yaholnitsky
Programme	Dr. J. B. Corley, Dr. F. R. McManus, Dr. W. C. Prowse



DR. J. D. HEASLIP, M.D.

TO THE GRADUATING CLASS OF 1948—

You now go forth into the world, fledglings no more; but grown to Angels of Mercy. Dr. Osler was once asked "whether special virtues other than those of an ordinary woman, are needed for a nurse". To this he replied "No special virtues are needed, but the circumstances demand, the exercise of them in a special way".

These virtues were listed as tact, tidiness, taciturnity, sympathy, gentleness, cheerfulness all linked together by charity.

Tact is the saving virtue without which, no nurse can be a success in any way. She may have all the others but without tact she is a failure. Let us hope that with you it has become an instinct, your protective mechanism of life.

Sincerely,

J. D. HEASLIP, M.D.

OUR PLEDGE

I solemnly pledge myself before God and in the presence of this assembly to pass my life in purity and to practice my profession faithfully. I will abstain from whatever is deleterious and mischievous, and will not take or knowingly administer any harmful drug.

I will do all in my power to maintain and elevate the standard of my profession, and will hold in confidence all personal matters committed to my keeping and all family affairs coming to my knowledge in the practice of my calling.

With loyalty will I endeavor to aid the physician in his work, and devote myself to the welfare of those committed to my care.

WE—The Graduating Class of the Calgary General Hospital, being of sound minds and in possession of all our faculties, do hereby make our last will and testament on this day of our labor in the General Hospital of the City of Calgary, in the year of our Lord one thousand nine hundred and forty-eight.

WE—Revoke all former wills and testamentary depositions made (hastily perhaps) by us at any time heretofore, and do declare this only to be and contain our last will and testament.





GLADYS GILCHRIST
206 21st Ave. N.E.
Calgary, Alberta



HELEN HALLAM
2321 Yew Street
Vancouver, B.C.



WILMA IRWIN
Airdrie, Alberta

SPRING SECTION



LOIS JAMES
405 2nd Ave. N.E.
Calgary, Alberta



EILEEN JOHNSON
Olds, Alberta



FRANCES KENNON
708 4a Street N.E.
Calgary, Alberta



DONALDDA MILLS
1517 11th St. West
Calgary, Alberta



E. McGREGOR
Banff, Alberta



AMY PHILP
31 Holly Street
Toronto, Ontario



VIDA McMILLAN
Ponoka, Alberta



DOROTHY PALATE
619 7th Ave. South
Lethbridge, Alberta



PEGGY SAUNDERS
Patricia, Alberta



ELIZABETH SMYTH
Shouldice Terrace, Calgary
Montgomery P.O.,



MARGARET QUANTZ
Innisfail, Alberta



SIGNE VESTERDAL
Sceptre, Sask.



JANE WARDROP
Didsbury, Alberta



EVELYN WHEATLEY
Suite 8, Harmon Apts.
Calgary, Alberta



J. YEARWOOD
1742 24th St. West
Calgary, Alberta



MARION NELSON
Stavely, Alberta

FALL SECTION



DOROTHY BARKER
106 8th Ave. N.W.
Calgary, Alberta



ENID BENNETT
Gleichen, Alberta



MARY BOAKE
Aeme, Alberta



MAXINE BURROUGHS
1939 Bowness Road
Calgary, Alberta



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709 McDougall Road
Calgary, Alberta



JOYCE DESLANDES
1005 6th Ave. West
Calgary, Alberta



SHIRLEY CULLEN
Didsbury, Alberta



LORENA CUSTEAD
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Calgary, Alberta



DONNA DESSON
1206 12th Ave. West
Calgary, Alberta



GRACE DRUMMOND
Ogden P.O.
Calgary, Alberta



LAURA EDWARDS
501 Alexander Crescent
Calgary, Alberta



JOAN FAIRWEATHER
Turner Valley, Alberta



JOYCE GALBRAITH
3007 6th St. West
Calgary, Alberta



RILEEN GREEN
Nanton, Alberta



E. GROENEVELD
Blackie, Alberta



RUBY GETHRIE
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Calgary, Alberta



DOROTHY HARBRIDGE
Banff, Alberta



BETTY HAYMES
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Calgary, Alberta



JEAN HAMBLING
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Calgary, Alberta



DOROTHY HEWITT
New Brigden, Alberta



E. HICKSON
Kindersley, Sask.



MARY HUFFMAN
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Calgary, Alberta



ISABEL JACK
1440 6a St. N.W.
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DORCAS JOHNSON
2032 3rd Ave. N.W.
Calgary, Alberta



LOUISE MacKIE
Drumheller, Alberta



IRMA MITCHELL
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Calgary, Alberta



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Clareholm, Alberta

ISABELLE MacKENZIE
506a 6th Avenue
Medicine Hat, Alberta



SARAH MCMULLAN
Gleichen, Alberta



E. ROMERIL
Raymond, Alberta



JOYCE POTTER
Drumheller, Alberta



MARYON ROBERTSON
1807 33rd Ave. S.W.
Calgary, Alberta



M. THOMASSEN
Bergen, Alberta



CATH. UNDERHILL
110 15th St. N.W.
Calgary, Alberta



MYRTLE WALKER
Innisfail, Alberta



HAZEL WARREN
202 4th Ave. N.E.
Calgary, Alberta



L. EDWARDS
Valedictorian

VALEDICTORY ADDRESS:

For three years we have looked forward to this happy occasion. Our period of training with all its pleasant experiences and anxious moments, has now passed and we have felt it well worth while. May our glances backward be happy interludes in a shining future.

Our Training School during the past three years has been our home, and it is going to be difficult for most of us to say good-bye. We all have so many pleasant memories in connection with our associations in training, that we will always cherish. They play an important part in this great satisfaction, we who are graduating feel, in realizing our first ambition. The sacrifices that have been made are only trivial to the main objective.

At this point, I wish to pay tribute to the Nursing and Medical Staff of the Calgary General Hospital. I believe as time goes by, we will more and more appreciate and value the help, guidance and inspiration they have given us, during our training period. Theirs is no small task.

There are no easy roads to success. Labor was truly said by the ancients to be the price the Gods put upon everything worthwhile. Apart from the requisite knowledge we have acquired in the classrooms and the practical training on wards, we have learned another great lesson, the nobility of labor and the beauty of human service. Service is the keyword to a nurse's training. Too often in this confused world of strife and stress, mankind is apt to forget that he cannot live by bread alone; that the all important thing is, not what one gets out of life, but rather what one puts into it.

Let us, therefore, resolve to go forward with a determination to be humble before God, and to give to mankind the practical aid and the spiritual sustenance, which the sick so greatly need.

A nurse must learn to hold high the banner of courage, and faith in life. She must awaken and sustain the patient's will to live, and kindle the great desire to once again successfully take his place in the world. How fitting is our motto "BY FAITH AND COURAGE". Let us ever hold it high.

The prelude of this new born day,
Triumphantly winds on her way;
Releasing power for all to share,
Awake O Hearts! Her gift is rare.

—LAURA EDWARDS.

TRAINING SCHOOL OFFICE



MISS A. HEBERT, R.N.
Superintendent of Nurses



MISS I. LAMONT
Assistant Supervisor
of Nurses



MISS J. CONNAL
R.N.
Instructress

MISS K. METHERAL,
R.N.
Assistant Instructress

MISS J. PORTEOUS
R.N.
Clinical Supervisor

We wish to express our sincere thanks to the members of the Training School Office and their associates for their willing helpfulness, encouragement and understanding during these last three years.

NIGHT STAFF



MISS M. MACDONALD,
R.N.
Night Supervisor

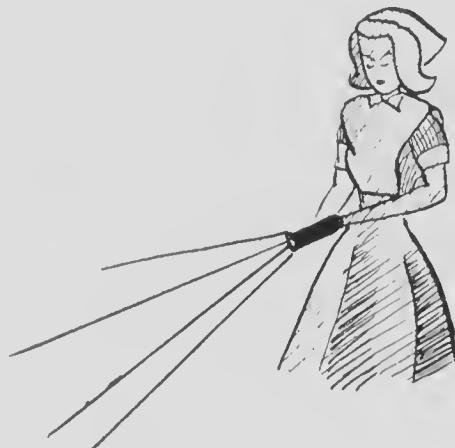


MISS C. HICKS,
R.N.
Assistant Night Supervisor

To the Night Staff we express our thanks for their readiness and thoughtfulness and patience in our shortcomings.

TO THE STUDENTS OF THE NIGHT STAFF, WE BEQUEATH

- the hot tea and cocoa at 2 a.m.
- admitting at 7.30 p.m.
- the night report and all its disturbances.
- the bed boards on all the beds needing same.
- the 2 hrs. sleep.
- all the divided doses in the books.
- the ambulance bell.
- the fudge-making.
- the dawn.



MATERNITY



MISS D. FORD,
R.N.
Supervisor of
Maternity

MISS E. JAMIESON,
R.N.
Supervisor of
Nursery

MISS I. PIERCE,
R.N.
Supervisor of
Case Room

TO MATERNITY, WE BEQUEATH

- all the premies in the Nursery.
- the flowers at Christmas time.
- the brecht feeders and nipples.
- the beds in the corridor.
- the service rooms at 6.30 p.m.
- the treatments.
- the Emergency Set.
- the ether can.
- the telephone.



OPERATING ROOM



MISS N. BAKER,
R.N.
Supervisor of
Operating Room

MISS M. KLEIN,
R.N.
Assistant Supervisor of
Operating Room

TO THE OPERATING ROOM, WE BEQUEATH

- the scrubbies.
- the Doctors' Room—woe betide you.
- Saturday Night with old Bessie.
- all the independent scrubs.
- the tonsil scrubs.
- the Plaster Rooms after use has been made of same.
- all the taped gauze.
- the footstools.
- the leaky irrigations.
- the plugged needles.
- emergencies at 2 a.m.
- on "call".



DIET KITCHEN



MISS JACOBSON
Dietitian

MRS. WATKINS
Assistant Dietitian

MISS FREEBORN
Assistant Dietitian

TO THE DIET KITCHEN, WE BEQUEATH

- the old lifts to harden the muscles.
- all the chocolate syrup.
- the weighing scales.
- the poached eggs.
- the 2nd week Sippy Diet.
- the bread slicer.
- all the 3.30's.
- all the pots and pans at noon.
- the salt-free bread.



ISOLATION

TO ISOLATION, WE BEQUEATH

- all the foments you can wring.
- the milk-water-milk-water tour.
- all the oranges you can squeeze.
- fried eggs and bacon at breakfast.
- Esther's flapper pie.
- the stairs.
- the bottles of Calcium Lactate.
- the 4 a.m. baths.
- the Drug Room.
- the plants in the O.R.



SUPERVISORS



MISS M. HOOPER
Supervisor
3rd West



MISS D. McROBERTS
Assistant Supervisor
3rd West



MISS D. TINNEY
Assistant Supervisor
1st Floor



MISS D. WILSON
Supervisor
1st Floor



Miss VON GRUENIGEN
Supervisor
3rd East

MISS P. BOCK
Assistant Supervisor
4th Floor



MISS AULD
Supervisor
4th Floor



MISS M. JOHNSTON
Supervisor
2nd East

MISS J. McFARLANE
Assistant Supervisor
4th Floor



MISS L. MITCHELL
Supervisor
2nd West



MISS H. BEYAK
Supervisor
Children's Ward



MISS M. FARBASHER
Assistant Supervisor
Children's Ward



MISS M. ROGERS
Supervisor
Ward 9

NURSE'S HOME OFFICE



MISS CASEY
Home Matron

MISS CANNON
Assistant Home Matron

MRS. WHITLAW
Assistant Home Matron

TO THE NURSE'S HOME OFFICE, WE BEQUEATH

- the waiting room.
- the mirror.
- the Xmas mail rush.
- the bulletin board.
- the night changes.
- the 10 p.m. rush.
- roll call at 6.45 a.m.
- throat painting —Uggggghhhh!
- all late-comers.

INSTRUCTORS

Anatomy and Physiology	Dr. A. B. Blumes
Surgery	Dr. F. T. Campbell
Medical Diseases	Dr. R. R. Hughes
Materia Medica and Anaesthesia	Dr. G. P. Mores
Communicable Diseases	Dr. H. W. Price
Urology	Dr. J. E. Palmer
Gynaecology	Dr. H. G. Oborne
Obstetrics	Dr. C. B. Wright
Public Health	Dr. W. Hill
Pediatrics	Dr. M. G. Cody
Orthopaedics	Dr. R. G. Townsend
Eye, Ear, Nose and Throat	Dr. J. R. Berry
Principles of Dentistry and Oral Health	Dr. H. L. Freeland
Neurology and Psychiatry	Dr. M. Carnat
Tumours	Dr. W. H. McGuffin
First Aid	Mr. Leslie Hill and Mr. Hubert Zelmer



To all other doctors with whom we have been
associated, we wish to express our thanks
for their instruction, and patience.

STUDENTS' COUNCIL



L. EDWARDS
President



J. YEARWOOD
Vice-President



P. SAUNDERS
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B. M. Haynes



D. JOHNSON
Advertising
S. McMullen
I. Mitchell
L. Custead

It Depends On The Point of View

As a Senior

Oh, for my bib, my joy and delight!
Oh, for my cap with black band across white!
Oh, for a graduate with all classes done!
And now for the "R.N.'s" and with them we've won . . .
Won against odds that you thought had you down,
But now that's behind you, and no cause to frown.
'Cause in looking back over three years, of training
You laugh at your troubles, your tiffs, and your straining—
Straining to study, to play, and to sleep
But all that's behind, when this last year you reap.
The cramming and heart-ache found you none the worse
For when this third year's over, you're a fully-fledged nurse . . .

To the Class of '49 We Hereby Will and Bequeath . . .

- the last table in the dining room, provided quiet use is made of same.
- the Nurse's home at Isolation.
- all the baby bottles (if at our passing there are any left to bequeath).
- the daily Narcotic count.
- our photographs—speaking likenesses of our dear departed selves.
- to all the nurses over 120 pounds, we gladly bequeath the run from the street car at 9.59 p.m.—an excellent test for heart conditions, though sometimes resulting in "shock and collapse".
- the doctors' signatures and deciphering of same.
- the soft beds in "D" Block.
- our old blue uniforms for patching purposes.
- our Psychiatry notes provided good use is made of same.





F. Brown



J. Davidson



W. Davies



I. Epp



E. Gibson



E. Gray



V. Harper



G. Hartwick



L. Jackson



E. Lawrence



M. Love



C. Mitchell



D. McGhee



L. Nelson



A. J. Oliver



J. Oro.



C. Papworth



M. Podwysocki



D. Prentice



V. Retschlag



M. Rinquist



V. Simons



H. Suffern



R. Tindall



H. Anderson



H. Beattie



B. Cleveland



M. Cornish



H. Dunham



J. Engemoen



N. Gilchrist



R. Haigh



M. Hatt



D. Hind



A. Hollis



P. Jackson



A. Johnson



G. Jones



P. Lazo



H. Loewen



I. McCue



J. McKinnon



J. Morris



J. Phillips



I. Pinder



A. Purdie



D. Rasmussen



E. Roberts



E. Scarlett



K. Schmidt



A. Shepperd

L. Staples

J. States

M. Thorburn

Miss Y. SALMOND
Picture Not Shown

PONOKA AFFILIATES



V. Claxon

M. McLellan

J. Round



It Depends On The Point of View As An Intermediate

You're beginning to wonder about cap and bib!
And to all these blessed Juniors you're not very glib.
For after all, you've had a year more than they,
You have more experience and better pay!!
Nearly all the romance that had held you at first
Has faded; but you know that you've half quenched your thirst
For medical knowledge, and nursing career,
Now keep that in mind and you'll last out the year!
It's hard to be middle-man with no end in sight,
It's hard, but stick to it, it's worth it all right.
For last year just flew by, and this one will too,
And then you'll be Senior with plenty to do!

To the Class of '50 We Hereby Will and Bequeath . . .

- our laundry bags and the task of getting your laundry on Saturday or Sunday.
- our Dietetic notes.
- all the notices ever noticed on the notice board.
- all the ice collars, leaking or otherwise.
- the Tuesday morning gauze room supplies.
- the washed gauze for all the mustards they can ever muster.
- all the devices for wringing out foments.
- our scratchy uniform collars.
- the spirit lamps on all the hypo trays.





M. Carr M. Comer T. Eberly V. Florence L. Greenfield



M. Hamilton J. Hartwick M. Hill A. Hodgson P. Hughes



K. Jarvis B. Johnstone H. Lees M. Mailer A. Marple



M. McLeod D. Melling M. Minific A. Mitchell M. Mitchell



G. Newel M. Parsons B. Reid P. Robinson A. Root



G. Schatz



B. Weatherup



M. Boris



E. Christianson



J. Christie



H. Coy



J. Cruikshank



E. Dafoe



A. Davies



T. Fitzpatrick



E. Garbutt



P. Garrison



E. Godfrey



M. Haskell



E. Hille



J. Johnson



P. Lazelle



M. McIlroy



V. McKay



E. Mills



B. Nichols



J. Richardson



M. Roycroft



R. Russell



D. Sangster



R. Sarsons



B. Schneider



J. Swanson



K. Walker



F. Wideman



W. Williams



It Depends On The Point of View As a Junior

Now we've the cap, now we've the bib,
Now we know why there's a floating rib!
We've taken our lectures, we're no longer "Pro's",
Now we've got Junior work to add to our woes!
We haven't a minute for what ought to be done,
We haven't a minute for personal fun.
You've guessed it we're studying once again
Our Junior exams must be passed now; and then
Springtime and Summer, and working so hard
From morning to evening you run 'round the ward.
Don't worry kid, your turn will come pretty soon—
Then, oh then, holidays, and sleep until noon!!

To the Class of '51 We Hereby Will and Bequeath . . .

- the "Doll"— our beloved example—the best patient we ever had—our guiding friend.
- our capes to weather for them the winter's stormy gales and keep their bibs dry.
- the six o'clock gong— and our ability to rise at once at its summons.
- the beans and beets.
- the bread knife in the kitchen if you can find it.
- our hair nets.
- the Wednesday clean linen.
- the flowers.
- the bedside tables and doors on Sunday a.m.
- the D.K trays.
- our rubbers.
- our sympathy in huge doses.



PROBATIONERS

Altwater, Iona Evangeline	Turner Valley, Alberta
Andrews, Vera Gloria	Eyremore, Alberta
Bohnet, M. June	Magrath, Alberta
Carter, Leila Mae	Delia, Alberta
Dahl, Mary Monica	232 - 12th Ave. East, Calgary
Garland, Beverley Grace	Beadle, Saskatchewan
Garside, Helen Ruth	Athabasca, Alberta
Gerlitz, Shirley Marie	720 - 2nd Ave. N.E., Calgary
Gilmour, Lorraine Margaret	1736 - 7th Street West, Calgary
Green, Doris Elizabeth	Herronton, Alberta
Johnson, Mary Lillian	113 - 34th Ave. S.E., Calgary
Johnston, Betha Jean	217 - 9th Ave. N.E., Calgary
Kemp, Marjory Rose	632 - 17th Ave. N.W., Calgary
Lee, Joan Constance	Lacombe, Alberta
Miller, Marie	Wayne, Alberta
Pascal, Cecilia Nora	408 - 12th Street C., North Lethbridge
Pearse, Doreen Isobel	429 - 23rd Ave. N.E, Calgary
Rande, Madeline LaVerna	Field, British Columbia
Recknell, F. Aleta	Makinak, Manitoba
Spence, Jean Blair	Michichi, Alberta
Taylor, Elizabeth	227 - 10a Street N.W., Calgary
Waterhouse, Joyce	Sullivan Lake, Alberta
Wheatley, Muriel Edna	346 Otter Street, Banff, Alberta
Woolf, Donna	Hillspring, Alberta
Wylie, Ruth Alexandra	1235 - 16th Ave. West, Calgary

A DAY WITH A "PRO"

At 6.00 o'clock the bell is rung
We rise and shine and bustle!
To breakfast then with "wagging tongue"
And then to wards we hustle!

"Temps" and pans, baths and "prep",
And stop some fierce infection.
Is it "dip", or "Staph", or "Strep",
And what kind of injection?

Then to class and demonstration
Who is next, we fear?
"No, not that, the crescent basin
Is what's needed here!"

Classes, dinner, classes, sleep—
Ah, what pleasant slumber!
Then at 4.00 work-wards we creep
To trays of gruesome number!!

Patients and the cleaning done
Work at last is finished.
Night staff on and rounds are run
Day staff now diminished.

Off we go and run around—
How's the street car doing?
Some of us are homeward bound—
Others bed-ward going!

—R. Ragg.



It Depends On The Point of View As a Probationer

Oh, for a cap! Oh, for a bib!
Oh, to know why there's a floating rib!
Oh, to be out of civilian clothes!
Oh, for a uniform, if only a "Pro's"
We've started our lectures, we've learned how to clean—
We're trying so very hard not to look green!
And when we start ward work, the feeling we get
In doing for others just small things, and yet
It adds to their comfort; ingratITUDE's rare—
And the smile that rewards us, we're glad we could spare
That little lost moment, but a moment well spent
For we're fully repaid for the joy that we lent.

—R. Ragg.

And These Memories We Wish To Keep . . .

Do you remember our initiation?

or CAN you forget . . .

A SONNET TO THE PROS

We would like all the Probies to meet
Please come in pyjamas so neat.

Next Monday the 24th that's the date
We'll be seeing you all sharp at eight.

Our own B Block Lounge is the place
Bring a cup—and a blind fold in case??

Custom demands you be there
With no curlers but curls in your hair.

We assure you there'll be lots of fun
You'll be fed and kept on the run.

Now this is the end of our ditty.
Come now—Don't you think we are witty?

(Signed) The Juniors.

OUR ANNIVERSARIES:

1946—Hazel and Myrtle—our "Junior Jo's".

1947—Sarah and Mary—our "Silent Partners aiding the witches boil the memories of Year II."

1948—Stopping the press for Graduation.



Our Christmas:

1945—Dr. Wool Bloomers (on consultation of Dr. MacCatchit).

GUARANTEED to cure: picturemania and luvvjeans after ranchectomy.

DIRECTIONS: Mix a small quantity of powder (not more than 1 10/11 scoop shovels) with enough liquid to make a smooth paste (not less than 3½ drops). Place 1/3 of mixture on a laparotomy pad and poultice the small finger of right hand. Use 1/3 of remainder (which is 2/9 of original amount) as shampoo for the hair. (This should be done first in case the laparotomy pad should become wet). To the remainder add enough vanilla to make a liniment which is rubbed into the elbow and wrist joints. (This should be done before the shampoo that the arms may be supple and hence the hair well washed). This is to be done at bedtime—the poultice to be removed sharp at midnight, the liniment to be reapplied every 23½ mins. throughout the night. No curlers or bobby pins must be used in the hair before 7:27 next evening.

ANTIDOTE: In case a baby, a child, an adolescent or an adult (that is a baby girl or a baby boy or a little boy or a little girl or a teen-age girl or a teen-age boy or a man or a woman) takes some of this internally by mistake (it is not supposed to be taken internally) give the following antidote immediately:

Whiskers of three grizzly bears chopped finely and dissolved in the vitreous humour of ten fish eyes.

Note: If there is none of the above antidote available in your nearest town—salt and water will do.

—The Laffalot Drug Co.—Ponoka.

• 1946—Hazel's hay fever.

1947—The balloon barrage.

These are only extras but should bring back memories:

- leaving Laura on 3rd West—who could forget the horseback ride—
- our invitation to the Colonel Belcher.
- carolling three Xmas morns.
- Alumnae Valentine party.
- as Intermediates at 1947 Graduation.
- the parade for the Cancer Drive.

Can You Remember Way Back When—3 Years Back—

Uniform—Three dresses made of plain, medium blue, wash material, skirt gathered on band, two inch hem, shirt waist with plain short sleeve six inches from underarm seam. Dresses must be made of material as near the enclosed sample as can be procured. The neck of the uniform must be made to fit correctly the collar enclosed. Skirts must be twelve inches from the floor.

Sweater—White Jumbo knit.

Kimona—One heavy weight kimona.

Underslips and Underclothing—Two underslips of light washable material, and a good supply of plain underclothing. Kindly note that trimmed and frilled underclothes will not be accepted in the Hospital Laundry.

Shoes—At least one pair of comfortable, new, substantial perfectly plain black oxfords, with rubber heels (high heels prohibited) to be worn when on duty.

One pair of rubbers.

One pair of bedroom slippers.

Soiled Clothes Bag—One bag of not less than one yard in width.

Laundry—Every article must be clearly marked on neck or waist band with full name and number—Cash's woven names to be used.

Address to the Graduating Class of 1948

It is a pleasant duty I have been asked to perform tonight, that of addressing the graduating class—not because I feel that I have any inspired message to deliver but rather because I feel that it places me in the happy position of representing graduates of the various branches of the profession of medicine, who through me say to these newcomers "Welcome".

The life of a student nurse is anything but an easy one. She chooses it, of course, because it interests her. But she comes into it at an age when so many of her school colleagues are embarking upon a life of social pleasures, or on a business career that takes them into the centre of commercial activity where the hours are not too long and where their free time is theirs to use as they see fit. The student nurse finds that her hours of work are long; that her tasks are arduous and often menial; and that her leisure hours are short and controlled. Work becomes her design for living and discipline the keynote of her existence. Her opportunity to indulge in the social pleasures of her erstwhile contemporaries is limited. Frequently she is scolded by her supervisors, bullied by her doctors and berated by patients, and discipline demands that all of this she must accept—and accept pleasantly and with good grace, too often without even an opportunity to explain or to defend herself. She is bored by lectures, haunted by examinations, confused by the rules and regulations which govern the life of a hospital. It is assumed that she will never be tired, that she will always be cheerful, that the simple ringing of a bell will produce her presence more promptly than the rubbing of Aladdin's Lamp made the genie appear. And through it all she must constantly be catering to the whims of people who are as different in personality and temperament as night is from day.

And yet, in the hospital, we learn to scan gently our fellow man, asking no questions, but meeting out to all alike hospitality, and deeming ourselves honoured in being allowed to act as its dispensers. Here too, one learns the three great lessons of life—and may I quote our own Sir William Osler: "Things cannot always go your way. Learn to accept in silence the minor aggravations, cultivate the gift of taciturnity, and consume your own smoke with an extra draught of hard work, so that those about you may not be annoyed with the dust and soot of your complaints. More than any other the pursuit of medicine may illustrate the second great lesson—that we are here not to get all we can out of life for ourselves, but to try to make the lives of others happier. This is the essence of that oft-repeated admonition of Christ—"He that findeth his life shall lose it, and he that loseth his life for my sake shall find it"—on which hard saying if the children of this generation would only lay hold, there would be less misery and discontent in the world. It is not possible for anyone to have better opportunities to live this lesson than you of this graduating class will enjoy. The practice of medicine—and certainly I include nursing—is an art, not a trade; a calling not a business; a calling in which your heart will be exercised equally with your head. Often the best part of your work will have nothing to do with potions and powders, but with the exercise of an influence of the strong upon the weak, of the righteous upon the wicked, of the wise upon the foolish. To you the father will come with his anxieties, the mother with her hidden grief, the daughter with her trials, the son with his follies. Fully one-third of the work you do will be entered in other books than yours. Courage and cheerfulness will not only carry you over the rough places of life but will enable you to bring com-

fort and help to the weak-hearted, and will console you in the sad hours when, like Uncle Toby, you have to whistle that you may not weep.

Three years of training—three constant years—then comes the day of graduation. This day—this evening—this little piece of parchment—these are the obvious indications of reward for persistence and for work well done. What more should we say than "Welcome"?

We must not lead you to feel that this is the end, but really only the beginning. You have served your novitiate—you have learned the meaning of service above self—you have been fitted with the tools of your trade—but you are really only on the threshold of your life. True, there will be fewer restrictions. True, you have now escaped the spectre of lectures and examinations. Now you need not meekly listen to the out-dated jokes of your doctors—not all of your doctors in one morning at any rate. Now, at least, you can look the supervisors in the eye and think your own thoughts, even if you choose not to put them into words. But the mission for caring for the sick still goes on. The other things are incidental—the basic need of humanity is still there. The drudgery of training days becomes a memory tinged with moments of light and happiness. The real value of it remains—the lessons in self discipline, in tolerance, in sympathy and in patience, equipping you to deal surely and swiftly and with understanding with the needs of your fellows-in-distress. There will be many times of trial and tribulation, of disappointment and despair. But there will be many moments of success and happiness and of a sense of victorious achievement that will push all else into the background of insignificance.

With assurance I can say to each member of this graduating class—"Practically there should be for each of you a busy, useful and happy life. More you cannot expect; a greater blessing the world cannot bestow. Busy you will certainly be, as the demand is great for women with your training. Useful your lives must be, as you will care for those who cannot care for themselves, and who need about them, in the day of tribulation, gentle hands and tender hearts. And happiness shall be yours, because busy and useful, having been initiated into the great secret that happiness lies in absorption in some vocation which satisfies the soul, that we are here to add what we can to—not get what we can from life.

It is the mixture that makes the life of medicine worth living, and because it is so fundamentally worthwhile, it is with equanimity that I can face this Graduating Class tonight and say "On behalf of doctors and graduate nurses alike, "WELCOME".

I said to a man who stood at the gate of the year "Give me a light that I may tread safely into the darkness". And he replied "Go out into the darkness and put your hand into the hand of God. That shall be to you better than a light and safer than the known way."

—DR. R. G. TOWNSEND.

A Nurse's Prayer

I dedicate myself to Thee, O Lord My God.
This work I undertake
Along in Thy great home and for thy sake
In ministering to suffering I would learn
The sympathy that in Thy heart did burn
For those who on life's weary way—
Unto disease divers are a prey.

Take then my eyes and teach them to perceive
The ablest way each sick one to relieve
Guide Thou my hands that e'en their touch may prove
The gentleness and aptness born of love
Bless Thou my feet and while they softly tread,
May faces smile on many a sufferer's bed —
Touch Thou my lips, guide Thou my tongue,
Give me a word in season for each one.

Clothe me with patient strength all tasks to bear
Crown me with hope and love that know no fear
And faith that coming face to face with death,
Shall e'en inspire with joy the dying breath—
And through the arduous day my actions guide
And through the lonely night watch by my side
So shall I wake with strength refreshed to pray—
Work in me, with me, through me Lord this day.

—Author Unknown.



My Goal

I thought my future over
An office, a school to teach
A nurse is not a rover
That is my goal to reach.

I started out unsteady
Is this what's in my mind?
I must be sure and steady
And never lag behind.

The work is hard but really
My interest's mounting fast
New things I find out daily
I've found my fate at last!

—B. Smyth.

A Tonsillectomy

On a chair by the bedside the Junior-Joe sat,
Whilst the child, all unconscious, put up stiff combat,
The Head Nurse has told you to keep the kid still
If he throws off the covers he'll get quite a chill,
But believe me he's strong, it'll take all your skill—
Think you with a sigh!

These tonsils and adenoids are quite a mean "OP",
For the poor kids are crying before they go up,
You can't calm them down with a "Does it hurt much?"
Or "It can't be that bad." Though you think it such,
For it aches on the inside and outside to touch . . .
So let the kid cry!

So he's finally conscious, and then back to sleep,
He has now stopped his thrashing, and also his weep,
So you stealthily leave him and creep 'round the cot
And looking back think "What a dear little tot",
You're off now, so what if he is, or he's not!!!
Or so thought I!!

—R. Ragg.



Blind Weaver

I will await the sun-shine reverently,
And kindle longing hearts with freshened dreams.
I'll weave life's patterns gay, but silently,
Within nocturnal walls, hope grows and gleams.
Keep no place in your heart for bitterness;
Still it's wild beat, when' blackened objects loom,
Your midnight hour may bear a sweet caress,
Or grow when nourtoured and fortell swift doom.
Love not too well, the frailties of man,
They call forth sympathies that bend and break;
Believe that like the sturdy oak, you can
Withstand storms deluge. Then life's joys you'll take.

If these sweet joys mean blinding hopes come true,
Weave happiness from deeper shades of you.

—L. Edwards.

A Day on Children's Ward

Good night, have I lost that new syringe?
That telephone must think it's on a binge
Must I answer it? Well there's no need to cringe!

"Yes Doctor . . . No sir, she's had a good night.
What? Oh yes, I think she's quite bright . . .
Yes sir, go home? The order? All right."

That's that, now for those ghastly hypos . . .
Found the syringe, now the right dose . . .
Why kids have pneumonia, only heaven knows . . .

The pre-op sedation, the liver extract,
And then penicillin, now all that's exact . . .
The 8.00 o'clock medicines are the very next act.

That blessed phone, oh why must it ring?
It seems I'm not meant to finish a thing . . .
Can't someone else answer it, I know it won't sting!!

"Children's Ward! Who? As well as expected!
Yes, thank you. Yes, he's just been injected . . .
I'll tell him you called." . . . Now the medicines collected.

Ah me, thank goodness, that's done at last.
Now for my patients, must do them up fast.
"Careful now honey, you'll get yourself splashed!"

Joy, morning hours! Bed here I come . . .
Or should I study? Wish I weren't dumb!
Or maybe I'll just go down town with a chum . . .

Bed won in the end—I know that it would!
Now back on duty, and visitors—oh good!!
Don't let it gripe you, won't help to be rude!

How did we get through that afternoon?
With all our admittings coming too soon—
And not enough beds to "Lay them all doon!"

Evening care given to each little brat—
Some even thought then of taking a nap,
They just faked their sleep tho', and then pulled my cap!

The night staff's relieved us, and all our work's done . . .
If their night's as bad, they'll really have fun!!
And off now, golly my feet weigh a ton!!

—R. Ragg.

When we were 21,
When we were 21, when we were 21
We didn't have much money
But we had a lot of fun.

We only got 12 bucks a month
If you should care to ask.
And so it took a 2-way stretch
To make the darn thing last.

Just long enough to keep us in
Our hateful hot black hose
In which we forced reluctant feet
When long ere dawn we rose.

To gallop here, to patter there
For pans, trays and babies
And when we got the last mixed up
It gave the moms the rabies.

Oh how we trembled at our firsts
First Op . . . first hypo and first death
Hoping to meet it bravely
We drew a steadyng breath.

At long long last there came to us
A hush of expectation
When dressed so proudly in our whites
We marched to Graduation.

We loved our fragrant roses
Our banquet, ball and tea
We thought with longing
Of the day that was to be.

When our three years at last are finished
And taking up our pen
We'll write our name with flourish
And after, a proud, a clear "R.N."

—Selected.

The Junior's Lament

We make the beds, we clean the desk,
We put the linen away
We fix the flowers by the hours
And clean the whole darn day.

We hear a bell along the hall
—Six Juniors race outside
Until we see each other come
And then these six all hide.

We carry trays--we give a drink
We take a crescent basin
We do whatever is desired
To fit the situation.

We sit by anaesthetic beds
While patients retch and rant
Some of them continually turn
While others just plain can't.

When time has come to leave the floor
For our three hours each day
We find—two classes posted there
To take our time away.

Listing clothes and valuables
Should keep us until seven
But by the time the job is done
It's nearing on eleven.

If in this poem you fail to find
A little bit of humor
Please remember how you felt
When you were just a Junior.

—The Juniors.



A Nurse's Prayer

I heard my call and followed,—
The torch she held so high
Florence helped the sick and injured,
Oh God, how hard I try.

As people suffer near me
I try to ease their pain
My goal is set before me
Please help me play this game.

—B. Smyth.

The Helping Hand

“He travels fastest who travels alone,”
Is an adage hoary with years;
But what does the swift one do when the cliff
Of trouble and sorrow appears?

It is better to travel more slowly and walk
With one’s hand in the hand of a friend;
The level land’s lovelier shared with another,
Hills easier, far, to ascend.

And we all come at last, travelling slowly or fast,
To the Gate of the Unknown Land,
Whose latch lifts more gently for those who have had—
And have given—a helping hand.

—Marion Doyle.

Ode to the Orderlies

‘Tis my opinion, and I own,
In thinking so I’m not alone,
But in this case I know it’s right—
The Orderlies, our chief complaint
Are always busy, when they “ain’t”
And seem to be so just for spite!

I doubt the day will ever be,
In answer to an urgent plea,
That Orderlies will come a-quick
Be there, and on the very spot
They ought to be, not making plot
For shirking work when men are sick!

—A-Nonymous.

Oh, To Be a Grad.

I'll tell you a tale
Now its not so bad
You can't be a male
But oh—to be a grad.

I work and I play
I borrow from Dad
Big plans do I lay
For oh—to be a grad.

Study and books
Both good and bad
You don't need looks
Oh—to be a grad.

Doctors and supers
Gee, I get mad
Always the snoopers
Oh, to be a grad.

Isolation and D.K.
Sometimes so sad
Sure its O.K.
But oh—to be a grad.

O.R. or Maternity,
A date with a lad,
Sure some fraternity
Oh, to be a grad.

Exams and R.N.'s
Gee I'm glad
Now we are friends
It's great—I'm a grad.

—B. Smyth.



Darkness

Darkness! the world falls asleep.
Rythym, a vigil will keep;
Sounds all converge into One,
Ballancing earth's rising sun.
Resting from all stress and strain,
Pointing to light once again,
Light from the soul that revives
Visions of Hope! Life survives.

—L. Edwards.

N. I. T.

I started as a probie
To scrub and scrub and scrub
And then they put my cap on
A Junior was my dub.

That year of work and study
Showed me the dye was cast
The days of fun weren't over
But school days sure aren't past.

Have you been a Senior Junior?
That's me down to the "T"
But soon I won't be Junior
Ah, Intermediate me!

They sent me to the D.K.
And on to Isolation
Oh woe is me there's O.R.
And Mat. for consolation.

Yes, now I am a Senior
Those happy days I spend
I fear that in this last year
Are coming to an end.

As I get nearer graduation
My senior year most gone
I've found in life my station
And many friends I've won.

—B. Smyth.

IN REMEMBRANCE

DR. W. S. QUINT

Radiologist

Who passed away early this year.



M. ROBERTSON

GRADUATION is over and for most of us our final day is only a few months away. Many times we have felt there was no end to student days, but if I may refresh your memory—only yesterday plus a few more days, we all stood in "A" Block Lounge greeting each other, all enthused about "training". But, another step forward, aren't we the same group all enthused over winning our goal, donning our black bands and taking our place in the professions of the world? Three long years of looking forward—but I am sure as you grow older and glance back on this book you will feel how short this time was compared with a lifetime.

Our study days are almost over. How hard it is to learn when compelled to learn. But isn't it better to do a task well than to know inwardly that you have failed in your ideals.

We hope that in this book you will find memories to cherish, incidents to remember, and a few good laughs. It is not easy to forget good friends, but if at some time you find yourself slipping, get out this book and turn young again. Wherever you may be never forget your "school".

To all of you we wish the best of luck, success and happiness, and hope that sometime we have the pleasure of working together again.

Heights by great men reached and kept;
Were not attained by sudden flight.
But they, while their companions slept,
Were toiling upward in the night.

—Robbie.



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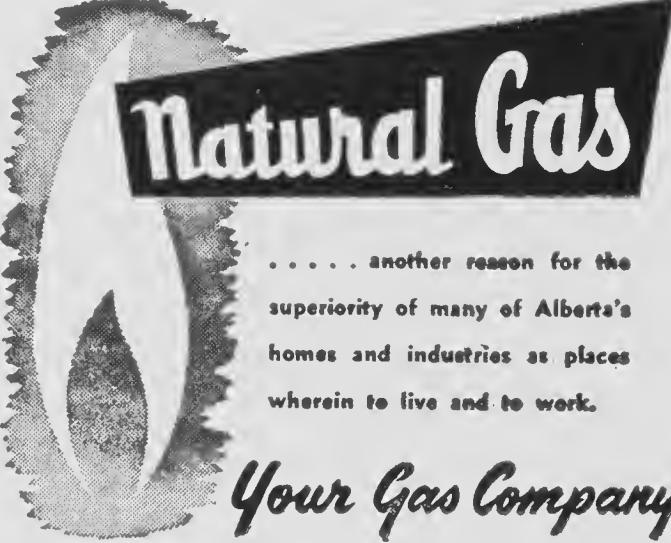
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Found—One upper plate.

Lost—One nurse in last winter's snow storm.

Picked up—One pair of arches.

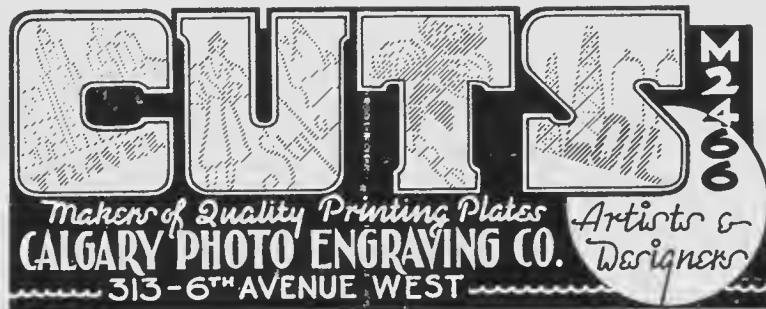
Wanted—One good night's sleep.

Lost—One pair scissors.

Strayed—Last clean bib and apron.

Lost—"1/4" from the roll.

Wanted—A man for the Xmas dance.



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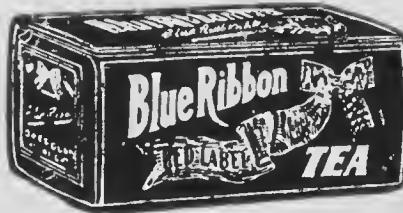


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—“Hypo” nurse—
—Addie.
—106—
—You are responsible—
—the Penicillins on Children’s Ward.
—the nights we slept in 2nd West Balcony.
—having the “keys” in class.

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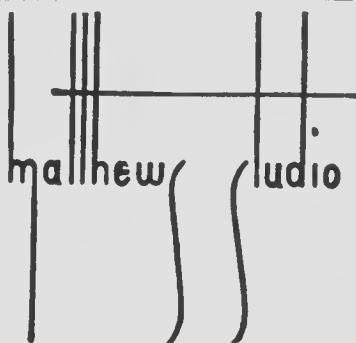
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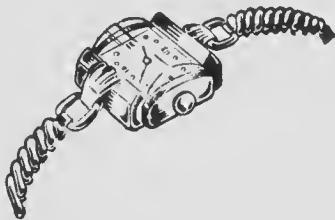
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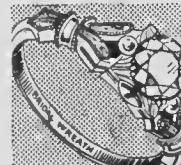
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